



Chia Seed

For the last couple of years the popularity of chia seed has been growing. But did you know that they were a staple in the diet of the Mayans and Aztecs? Chia is actually the Mayan word for 'strength', which is believed to be a reference to the sustainable energy source that the chia seeds provided in Mayan's diet.

So do chia seeds deserve such a good wrap? The short answer is 'yes'. The long answer is 'yes, because they're packed full of nutrients'! One tablespoon of chia seeds (15 g) provides approximately 3 g of protein, 4 g of healthy fats (including omega-3s), 5 g of fibre, less than 1 g of carbohydrates and a range of other nutrients, including calcium, magnesium, phosphorus, zinc, niacin (vitamin B3), potassium, thiamine (vitamin B1) and vitamin B2.

How do you go about incorporating them into your diet? They're very versatile and can be used in a variety of ways. Add a tablespoon of chia seeds to your smoothie, sprinkle them on your cereal or yoghurt, or put them on your salad or stir-fry.

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